

IN THE CLAIMS

Please amend the claims as follows:

Claims 1-13 (Cancelled).

14. (Cancelled).

15. (Currently Amended) A sports drink comprising one or more micronutrients selected from the group consisting of ascorbic acid, vitamin E, carotenoids, pyridoxine, thiamine, riboflavin, niacin, cobalamin, folacin, Q10, flavonoids, copper, magnesium, manganese, selenium, zinc and chromium in combination with conventional additives for sports drinks, and viable lactobacilli having a positive effect on human intestinal mucosa.

16. (Previously Presented) A sports drink according to claim 15, comprising one or several strains of Lactobacillus acidophilus, Lactobacillus casei, Lactobacillus fermentum, Lactobacillus paracasei, Lactobacillus plantarum, Lactobacillus reuteri, and Lactobacillus rhamnosus in a therapeutically effective amount.

17. (Cancelled).

18. (Previously Presented) A sports drink according to claim 15, comprising per 1000 g

ascorbic acid	500-1200 mg
vitamin E	250-375 mg
$\beta$ -carotene	15-25 mg
pyridoxine	15-25 mg

sodium	20-60 mg
potassium	60-100 mg
copper 0.5-1.5 mg	
magnesium	120-175 mg
manganese	1-3 mg
selenium	0.05-0.15 mg
zinc	5-15 mg

19. (Previously Presented) A sports drink according to claim 15, which comprises proteins, optionally in combination with amino acids.

20. (Previously Presented) A sports drink according to claim 19, wherein the protein is a whey protein or whey protein hydrosylate.

21. (Previously Presented) A sports drink according to claim 15, which comprises carbohydrates having a low glycemic index, optionally in combination with carbohydrates of a high glycemic index.

22. (Previously Presented) A sports drink according to claim 15, comprising per 1000 g

whey proteins	15-60 g
carbohydrates	40-150 g
micronutrients	1-2 g
probiotic strain of	$5 \bullet 10^7 - 5 \bullet 10^8$ cfu/ml

Lactobacillus

23. (Previously Presented) A sports drink according to claim 15, comprising per 1000 g:

whey protein isolate	15-60 g
mono- and disaccharides	40-150 g
micronutrients	1-2 g
L. plantarum DSM 9843	$5 \cdot 10^7 - 5 \cdot 10^8$ cfu/ml

24. (Previously Presented) A tablet for the preparation of a sports drink according to claim 15 in vivo or in vitro, comprising micronutrients in combination with freeze-dried, viable lactobacilli.

25. (Previously Presented) A method of treating stress symptoms, gastrointestinal disturbances, and lesions of the mucosal membrane of the intestines in an individual in need thereof, comprising providing the sports drink according to claim 15 to the individual wherein the sports drink is ingested by the individual in an amount sufficient to treat stress symptoms, gastrointestinal disturbances and lesions of the mucosal membrane.

Claims 26-28. (Cancelled).

29. (Currently Amended) A sports drink according to claim 19 ~~claim 27~~, which comprises carbohydrates having a low glycemic index, optionally in combination with carbohydrates of a high glycemic index.

Claims 30 -35 (Cancelled).

36. (Previously Presented) The sports drink according to claim 15, wherein the viable lactobacilli are selected from the group consisting of *Lactobacillus plantarum* 299, *Lactobacillus plantarum* 299v, *Lactobacillus rhamnosus* 271, *Lactobacillus rhamnosus* GG, *Lactobacillus casei rhamnosus* LB 21, *Lactobacillus casei Shirota*, *Lactobacillus johnsonii* Lj1 and *Lactococcus lactis* L1a.

37. (Previously Presented) The sports drink according to claim 36, wherein the viable lactobacilli are *Lactobacillus plantarum* 299v.